

CONSHOHOCKEN, PA—On Saturday, April 18, 2009, Congressman Joe Sestak (PA-07) helped kick off the season for the Conshohocken Little League. The Congressman addressed the players, coaches, and parents about the importance of baseball in promoting health and sportsmanship. “You can learn a lot out here on the baseball diamond,” he said. “Teamwork, hustle, the importance of practice and dedication—simple lessons, but ones that, if learned early and properly, can set you on a good path for the rest of your life.”

The Congressman was joined by Charles Mascio, President of Conshohocken Little League, State Representative Mike Gerber, the Conshohocken Town Council, and clowns from the Ringling Brothers Circus who gave a performance about the importance of physical fitness and exercise.

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of “Deep Blue,” the Navy’s anti-terrorism unit that established strategic and operations policies for the “Global War on Terrorism.” He served as President Clinton’s Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.*

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